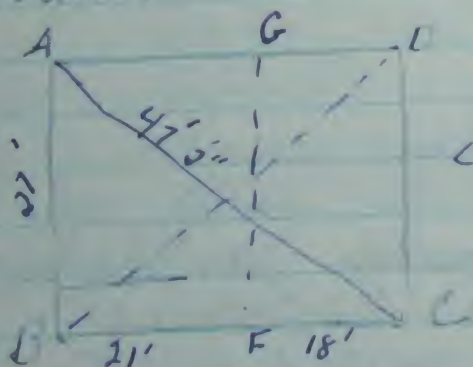


4. The other corner C and the other end of the service line D. may be found by interchanging the measures and repeating the process.

4. The other corner C and the other end of the service line D. may be found by interchanging the measures and repeating the process.

5. The same measurements on the other side of the net will complete the exterior boundaries of the court. By lengthening the base line 4' 6" in each direction and joining the four points thus obtained, we can make the side lines of a doubles court.

6. Join the middle points of the service lines thus forming the half court line, and bisect the base line to form the centre workers.



This forms one  
end of a singles  
court.





You must not change position  
with arms.  
Keep feet flat on the line.  
If you go fall during exercise it is  
fault.

$12\frac{1}{2}$   $\frac{03}{2}$  to  $13\frac{1}{2}$  m

## Fundamental Techniques.

Pauline Thomas.

Basketball, to the average entering High School girl, is just a name. She may have seen a boys' game played but her own knowledge of the game and technical skill is negligible. One should begin by teaching the techniques of the game, and a brief description of it. This should include the size of the court, boundary, lines, the baskets, no. & position of the players, etc.

The differences in boys & girls games should be told: (1) Girls use 6 instead of 5 players & have no center (2) game started by throw-in. (3) ball may only be bounced once (4) may not bat ball out of opp.'s hands or guard so, as to result in bodily contact.

Basketball is essentially a game that is fun. Only by proper knowledge & use of fundamental skills or techniques can it be so enjoyed. All drills on fundamentals should come after girl has tried to play the game & when she realizes her own inadequacy to meet a given situation.

1. fundamental technique to emphasize is running. She must know where to run & why. Coach to come forward on the run to receive a pass from the guard & then work in under the basket by passing to each other.

Technique of jumping can't be separated from running, passing & shooting. Girls need to be reminded not to just reach for ball, but actually get feet off floor & jump. The use of arms to help lift & to jump with both feet of the floor should be shown.

To begin - catching and passing drills maybe helpful, but these should not interfere with game.

Pass - caught with fingers relaxed & spread apart & arms as well as whole body should give with the ball. Relaxed about hips and not too hard. Keep hands relaxed. In drills we should be sure that players are moving when they catch passes.

The ideal spot from which to make basket should be shown on each side of basket - closer to the corner of the backboard emphasized. It shows in shot with backboard. Contrary to what shot with jump. Girls should learn to actually take aim & not put away & practice to shoot on the run. In foul shot - need to pull - knees give, hands loosely, strong & arms on basket.



all players should know how to guard. - 2 or 3' away from opponent - feet apart - one hand up over ball & other out to side for balance & possible deflection of pass. From this stance a guard can shift with a flash to R. or L. can follow a dribble & can stop most shot at the basket. Should never allow forward to get between her & basket - unless - shifting zone defense.

Pivot, bounce, feint & purple are fundamental techniques. Their use often distinguishes a good from a poor player, & their mastery should be stressed.

To develop in girls a love for playing the game of basketball well & a fine spirit of true sportsmanship - we have contributed toward their better life.

So you Want to be a Basketball Player.  
Helen Lockwood.

Some - more baskets than opponents - speed, skill, timing, accuracy & team play.

- passing, catching & shooting game.

- definite techniques.

Offensive & defensive playing.

### Individual Skills -

1. Passing - 34 game

Right position & use passes.

Get free when your side has ball.

Try to intercept other

Shot, definite, accurate.

Single underhand Pass - either R. or L. hand to pass around opponent's under her arms.

Finger tips control ft. of ball.

2 Hand

- Shooting fault

When receiving ball near floor.

Pass ball from there

Free swing of arms & a def. snap of wrist.

Over Pass -

Shooting as well as passing.

Ball firmly with heels of hand -

Fingers spread widely but loosely.

Pointing forward - elbows at side.

Circle arms - when releasing ball.

2-hand overhead -

When caught overhead - throw from the

fingers back & up - loop pass - flip of wrist

Don't force ball this opponent's hands.

Throw own hands with ball.

## 3. The point - thinking ahead.

Pass ball to position betw. head & waist  
of player running - pass ball ahead.  
Timing & accuracy of placement - fundamental <sup>secret</sup>.

If player advancing - don't throw too hard.

Pass toward unguarded side.

Rolls - catch - pass - run.

Bump - & pick ball out of air.

Elbows give when catching ball.

Be fwd. to meet pass & advance it too back.

Always keep eye on ball.

## Bounce -

Evoke opponent - better position herself, pass & ~~to~~  
to cover ground, evade, gain time.

Definite push down with hand, releasing  
ball when 1<sup>st</sup> step is taken.

Timing, accuracy & vision count.

## Juggle -

Technique used to avoid opponent & cover ground.

Keep control of ball as throw it over o's head.

Keep round guard & catch so she is aware of it.

Don't use too often.

## Pivot -

Valuable play to use after a catch.

Combination with bounce to gain time for better play.

Better balance - base small

control - ball close to body.

Use feet when better skilled.

Learn to shift weight quickly & position & action

make change first & outwit opponent.



## History of Basketball.

### Basketball for Women - Miss W. F. Fyfe

Originated for a competitive game played during winter months.

1892 Dr. James Naismith Y. M. C. A. Assoc. College in Springfield Mass. formulated the rules of this game. Essentially team game. The demands for the success of the team are co-operation, subordination of the individual to the group, quick decisions and response, and a high development of co-ordination.

At first the equipment used was most inadequate. Back, suspended 10' from the floor were used as goals. Ball - football. Backboard - sometimes of wire screening. Gradually the equipment changed & the ring now in use for goals was adopted in 1898.

Early stages team from 9-50. No. rapidly reduced to - Men 5 & women 6. When 9 players - C. T., R. L. W, C, 2 side C, 2 H. Size of floor determined 5 players. At first - ball tossed to centre by official. Signal for players lined up on either side to rush for ball. Within a yr. or 2 method now used devised & size of ring & ball standardized.

Characteristic features set 1894 - few fund. changes made. 15<sup>th</sup> rules pub. 1893 put in use in Y. M. C. A.'s. The A. A. Union, professional leagues, National Collegiate A. A. adopted own rules.

Progress hindered by rules - Joint Rule  
Committee composed of repres. from each  
met in 1915 & formed a uniform code  
known as The Official Rules. Owing to  
simplicity, inexpensive, small space, etc it  
has become popular thru out country.  
Y's, J. & S. High School, Colleges, U's etc.  
Spring & old. - Rightly called America's National game  
1892 under modified rules played at Smith.  
Within next yr. pop among girls & women in U. S. A.  
Conference of P.T. - Springfield Mass. June  
14-18, 1899 drew up rules for whole country.



# junior Basketball.

Rules 50

Skills 50

100

## Shooting:

Single handed banked shot across basket.

1. Start from marked pos. on floor. Move diagonally across basket from L-R to make banked shot at far side.
2. Rhythm - step. bounce. catch (weight on l. foot) and shoot pivoting inward on l. foot, rt. knee & shoulder swinging in toward basket. Left ball high release from fingers - turn thumb in.

## Pivoting:

Catch. pivot and pass.

## Passing & Catching:

Single formation - continuous play.

1. Pass away from basket.
2. Cut to the basket on inside - eyes on ball.
3. Replace to next player cutting to basket (replace on outside track)

## Sym.

### 1. Bars.

1. Reverse hang.
2. High leave hang, ch. to hang leg, swing dismount.
3. Opp. toe support long sitt. To lower to BK. leg. and raise to long sitt.

I Ladder  
Sideward travel.

II Forms - (two high)  
Star jump over with support.

### Apparatus.

50.

I Horse  
Forward cut off mount (lt & rt)  
Rt & lt to back seat  
Half lever forward dismount.

II Box  
Courage Vault.

III Box.  
Squat mount - straddle dismount (Bunny j.  
set if needed)

IV Ropes  
Hommersaults between 2 ropes.

V Rings  
Plain swinging.